

Fertility Diet Foundations

A blueprint to a healthy diet that optimizes fertility

Little Life Nutrition©



The Fertility Plate

*Click the text to see examples of these foods

4-6oz high quality protein



1/2 cup-1 cup starch



1-3 TBSP fat

1-2 cups non-starchy veggie

PROTEIN EXAMPLES

- Grass-fed beef
- Chicken
- Turkey
- Lamb
- Bison
- Venison
- Eggs
- Pork
- Salmon
- Cod
- Tuna
- Shrimp
- Sardines
- Mackerel
- Mahi-Mahi
- Oysters
- Full-fat Greek yogurt
- Whey protein powder
- Plant-based protein powder
- Tofu
- Tempeh

STARCH EXAMPLES

- Sweet potato
- Corn
- Green peas
- Beets
- Black-eyed peas
- Green split peas
- Chickpeas
- Potatoes
- Parsnips
- Yams
- Cassava
- All beans
- All lentils
- Soybeans/edamame
- Butternut
- Squash
- Acorn Squash
- Delicata Squash
- Spaghetti Squash
- Kabocha Squash
- Pumpkin
- Bread/Gluten-free bread
- Crackers
- Cereal
- Pasta
- Rice
- Quinoa
- Couscous
- Orzo
- Millet
- Buckwheat
- Oats
- Teff
- Rye
- Sorghum
- Farro
- Bulgar

NON-STARCHY VEGGIE EXAMPLES

- Spinach
- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Brussels sprouts
- Broccoli
- Zucchini
- Carrots
- Cabbage
- Bok choy
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Collard greens
- Kale
- Mustard greens
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Mushrooms
- Peppers
- Radishes
- Rutabaga
- Endive
- Romaine lettuce
- Arugula
- Radicchio
- Watercress
- Sprouts
- Sugar snap peas
- Swiss chard
- Turnips
- Green beans
- Okra

FAT EXAMPLES

- Butter
- Olive oil
- Avocado oil
- Coconut oil
- Coconut meat/coconut flakes
- Avocado
- Olives
- Cheese
- Walnuts
- Almonds
- Cashews
- Macadamia nuts
- Pecans
- Pistachios
- Flaxseeds
- Hempseeds
- Chia seeds
- Sunflower seeds
- Sesame seeds/tahini
- Pumpkin seeds
- Peanut butter

Following this blueprint is the first step to optimizing your plate to fuel your fertility!

Are you ready to take it further? Click the link below to schedule a free consultation with Becca to discuss how she can help you optimize your diet and supplementation to support egg quality, hormone balance, and a healthy growing environment for your baby.

[Schedule a Free Consult](#)



In good health,

Becca Romero



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